COLUMBUS AQUATICS CENTER



1160 HUNTER AVE. 43201 (614) 645-3129

The Columbus Aquatic Center offers a wide variety of programs for all ages from 6 months old to senior citizens. The following information includes: class schedules, registration dates, program information, and costs for all programs. **ALL PRICES AND TIMES ARE SUBJECT TO CHANGE.** The Columbus Aquatic Center is located next to Thompson Recreation Center, two blocks west of North High Street and one block south of West Fifth Avenue.

OPEN SWIM (Recreational & Lap) \$1 admission (4 quarters required) Everyone 6 years of age or older are required to have a LEISURE CARD.

A parent or adult, at least 18 years of age and <u>in a swimsuit</u>, must accompany all children under the age of 8 years old. Parents of small children are required to supervise their children <u>in the water</u>. During each of our open swims there are two lanes set aside for lap swimming. Everyone must have a swimsuit in the pool area. Also, during our open swim times, we do not allow outside clothing on the pool deck. All infants are required to wear a swim diaper or rubber pants.

Hours until Nov 6, 2015

Tuesday......1:00 PM - 5:00 PM Wednesday.....1:00 PM - 5:00 PM Thursday1:00 PM - 5:00 PM

Friday Morning Adults Only...10:00 AM - 1:00 PM

Friday Evening7:00 PM – 9:30 PM Saturday2:00 PM – 5:00 PM

Schedule beginning Nov 10, 2015 thru Feb 16, 2016

Tuesday 1:00 PM - 3:30 PM Wednesday 1:00 PM - 3:30 PM Thursday 1:00 PM - 3:30 PM

Friday Morning Adults Only...10:00 AM - 1:00 PM

Friday Evening7:00 PM – 9:30 PM Saturday 2:00 PM – 5:00 PM

Lunchtime Lap Swim!! New time!! Just \$1 admission with Leisure Card We will be open for Adult Lap Swimmers from Noon to 1pm Monday through Friday!

Only lap swimming will be available at this time.

2015-2016 SPECIAL DATES

TUESDAY	SEPTEMBER	8	FALL 1 REGISTRATION	BEGINS
SATURDAY	SEPTEMBER	26	COLUMBUS AQUATICS CENTE	ER OPENS FOR SEASON
MONDAY	OCTOBER	5	FALL 2 REGISTRATION	BEGINS
MONDAY	OCTOBER	12	COLUMBUS DAY	CLOSED
MONDAY	NOVEMBER	2	FALL 3 REGISTRATION	BEGINS
THURSDAY	NOVEMBER	26	THANKSGIVING DAY	CLOSED
FRIDAY	NOVEMBER	27	THANKSGIVING BREAK	CLOSED
SATURDAY.	NOVEMBER	28	THANKSGIVING BREAK	NO LESSONS - OPEN SWIM 2-5PM
MONDAY	DECEMBER	7	WINTER 1 REGISTRATION	BEGINS
THURSDAY.	DECEMBER	24	CHRISTMAS EVE	CLOSED
FRIDAY	DECEMBER	25	CHRISTMAS DAY	CLOSED
SATURDAY.	DECEMBER	26	NO OPEN SWIM 7:00-9:30PM	CLOSED
SUNDAY	DECEMBER	27	NO OPEN SWIM 2:00-5:00PM	CLOSED
THURSDAY.	DECEMBER	31	NEW YEAR'S EVE	CLOSED
FRIDAY	JANUARY	1	NEW YEAR'S DAY	CLOSED
MONDAY	JANUARY	4	WINTER 2 REGISTRATION	BEGINS
MONDAY	FEBUARY	1	WINTER 3 REGISTRATION	BEGINS
			NO OPEN SWIM 2:00-5:00PM	
MONDAY	MARCH	7	SPRING 1 REGISTRATION	BEGINS
MONDAY	APRIL	4	SPRING 2 REGISTRATION	BEGINS

LEARN-TO-SWIM CLASSES

Below is a list of our Learn-To-Swim classes. We have classes for all ages throughout the week, American Red Cross Water Safety Instructors teach all of our classes. You will be tested the first day of class to determine which course level you will be assigned. Fees for Learn-To-Swim classes are \$30.00 for residents and \$35.00 for non-residents.

INFANT AND TODDLER CLASS

This class is for children 6 to 35 months of age and requires a parent or guardian to participate in the water. This course is intended to develop in young children a comfort level in and around the water as well as readiness for learning to swim. **Each Infant must wear a water diaper or rubber pants.**

<u>3 – 6 YEAR OLD'S</u>

This class is for children 3 years of age up to 6 years of age. In this course the children will learn basic water adjustment and breath control. More advanced students will work to improve already developed skills such as arm strokes and breathing.

6 YEARS & UP

This class is for children 6 years of age and up. Children will be placed in one of the six levels of the Learn-To-Swim program depending on their skills pre-test.

ADULT CLASSES

This class is for adults 18 years of age and older. Participants will be taught in small groups based on experience and goals. Participants will be given more one-on-one time with instructors to maximize learning.

REGISTRATION INFORMATION

The Aquatics Center has gone to ONLINE registration. Go to http://activenet.active.com/columbusrecparks/ to create your account. Everyone wanting to register for a class must have an account with ACTIVENET.

Fees for Learn-To-Swim classes are \$40.00 for residents and \$45.00 for non-residents.

Payment is required at the time of registration and will be accepted in person or over the phone. Patrons who register by phone will be required to pay with a VISA or Master Card. We will not accept any registrations left on the voicemail.

The City of Columbus charges a \$25.00 return check charge for all checks returned.

2015 – 2016 Online Registration Dates – The FIRST Monday of the month (unless holiday)

FALL 1: Tuesday September 8, 2015 9am

Register online @ http://activenet.active.com/columbusrecparks/

FALL 2: Monday October 5, 2015, 9am

Register online @ http://activenet.active.com/columbusrecparks/
Or in person at the Aquatic Center during normal programming times.

FALL 3: Monday November 2, 2015, 2014, 9am

Register online @ http://activenet.active.com/columbusrecparks/
Or in person at the Aquatic Center during normal programming times.

ALL Classes are 40 minutes long – except for Infant/Toddler Classes ALL DAYS AND TIMES ARE SUBJECT TO CHANGE. REFUND POLICY

- 100% refund will be given if you withdraw from a class before its start date
- 50% refund will be given if you withdraw from a class before the second class
- No refund will be given after the 2nd class

CLASS SCHEDULE Fall 1, 2, & 3 -To-Swim Schedule (30 Minute Class)

	<u>oddler Learn-To-Swin</u>	<u>n Schedule</u>	<u>: (30 Minute Clas</u> :			
	DAY					
Fall 1:	SATURDAY	SEP 26	OCT 31 10:10 am			
Register	SATURDAY	SEP 26	OCT 31 12:25 pm			
Sept 8	TUESDAY & THURSDAY	SEP 29	OCT 22 10:30 am			
Fall 2:	*SATURDAY	NOV 7	DEC 19 10:10 am			
Register	*SATURDAY	NOV 7	DEC 19 12:25 pm			
Oct 5	TUESDAY & THURSDAY					
	*NO CLASS Nov 28 - Thank	sgiving Weeke	nd			
Fall 3:						
Register Nov	9 **TUESDAY & THURSDAY		DEC 22 10:30 am			
	** NO CLASS Nov 26 - Thank	•				
<u>3-5 Year C</u>	<u> Old Learn-To-Swim Sc</u>					
	DAY	START	ENDTIME			
Fall 1:	SATURDAY					
Register	SATURDAY	SEP 26	OCT 31 10:45 am			
Sep 7	SATURDAY	SEP 26	OCT 31 11:30 am			
•	SATURDAY					
	TUESDAY & THURSDAY	SEP 29	OCT 22 10:15 am			
	TUESDAY & THURSDAY	SEP 29	OCT 22 5:15 pm			
	SUNDAY					
		02. 2	оот от 1.00 р			
Fall 2:	*SATURDAY	NOV 7	DEC 19 10:00 am			
Register	*SATURDAY					
Oct 5	*SATURDAY					
0013	*SATURDAY	NOV 7	DEC 19 17:30 am			
	*SUNDAY	NOV 7	DEC 20 1:00 pm			
	TUESDAY & THURSDAY	NOV 0	NOV 10 10:15 am			
	TUESDAY & THURSDAY					
	*NO CLASS Nov 28 & 29 – Th					
	NO CLASS NOV 28 & 29 - 11	ialiksgivilig we	eekellu			
Fall 3:	**TUESDAY & THURSDAY	NOV 24	DEC 17 10:15 am			
i an o.						
Register Nov	**TUESDAY & THURSDAY	NOV 24	DEC 17 5:15 pm			
•	**TUESDAY & THURSDAY 9 ** NO CLASS Nov 26 – Thanl	NOV 24 ksgiving – 7 Cla	DEC 17 5:15 pm			
•	**TUESDAY & THURSDAY 9 ** NO CLASS Nov 26 – Thanl Up Learn-To-Swim So	NOV 24 ksgiving – 7 Cla <mark>chedule</mark>	DEC 175:15 pm asses			
6 Years &	**TUESDAY & THURSDAY 9 ** NO CLASS Nov 26 – Thanl Up Learn-To-Swim So DAY	NOV 24 ksgiving – 7 Cla <mark>chedule</mark> START	DEC 175:15 pm asses ENDTIME			
6 Years & Fall 1:	**TUESDAY & THURSDAY 9 ** NO CLASS Nov 26 – Thanl Up Learn-To-Swim So DAY SATURDAY	NOV 24 ksgiving – 7 Cla <mark>chedule</mark> START SEP 26	DEC 175:15 pm asses ENDTIME OCT 3110:00 am			
6 Years & Fall 1: Register	**TUESDAY & THURSDAY 9 ** NO CLASS Nov 26 – Thanl Up Learn-To-Swim So DAY SATURDAY SATURDAY	NOV 24 ksgiving – 7 Cla chedule START SEP 26 SEP 26	DEC 175:15 pm asses ENDTIME OCT 3110:00 am OCT 3110:45 am			
6 Years & Fall 1:	**TUESDAY & THURSDAY 9 ** NO CLASS Nov 26 – Thanl Up Learn-To-Swim So DAY SATURDAY SATURDAY SATURDAY	NOV 24 ksgiving – 7 Cla chedule START SEP 26 SEP 26	DEC 175:15 pm assesENDTIMEOCT 3110:00 amOCT 3110:45 amOCT 3111:30 am			
6 Years & Fall 1: Register	**TUESDAY & THURSDAY 9 ** NO CLASS Nov 26 – Thanl Up Learn-To-Swim Solution DAY SATURDAY SATURDAY SATURDAY SATURDAY	NOV 24 ksgiving – 7 Cla Chedule START SEP 26 SEP 26 SEP 26	DEC 175:15 pm assesENDTIMEOCT 3110:00 amOCT 3110:45 amOCT 3111:30 amOCT 3111:30 pm			
6 Years & Fall 1: Register	**TUESDAY & THURSDAY 9 ** NO CLASS Nov 26 – Thanl Up Learn-To-Swim So DAY SATURDAY SATURDAY SATURDAY	NOV 24 ksgiving – 7 Cla Chedule START SEP 26 SEP 26 SEP 26	DEC 175:15 pm assesENDTIMEOCT 3110:00 amOCT 3110:45 amOCT 3111:30 amOCT 3111:30 pm			
6 Years & Fall 1: Register Sep 7	**TUESDAY & THURSDAY 9 ** NO CLASS Nov 26 – Thanl Up Learn-To-Swim Some Some Some Some Some Some Some Som	NOV 24 ksgiving – 7 Cla chedule START SEP 26 SEP 26 SEP 26	DEC 175:15 pm assesENDTIMEOCT 3110:00 amOCT 3110:45 amOCT 3111:30 amOCT 3112:15 pmOCT 225:15 pm			
6 Years & Fall 1: Register Sep 7 Fall 2:	**TUESDAY & THURSDAY 9 ** NO CLASS Nov 26 – Thanl Up Learn-To-Swim So DAY SATURDAY SATURDAY SATURDAY SATURDAY SATURDAY TUESDAY & THURSDAY *SATURDAY	NOV 24	DEC 175:15 pm assesENDTIMEOCT 3110:00 amOCT 3111:30 amOCT 3112:15 pmOCT 225:15 pmOCT 295:15 pm			
6 Years & Fall 1: Register Sep 7 Fall 2: Register	**TUESDAY & THURSDAY 9 ** NO CLASS Nov 26 – Thanl Up Learn-To-Swim So DAY SATURDAY SATURDAY SATURDAY SATURDAY TUESDAY & THURSDAY *SATURDAY *SATURDAY *SATURDAY	NOV 24	DEC 175:15 pm assesENDTIMEOCT 3110:00 amOCT 3111:30 amOCT 3112:15 pmOCT 225:15 pmDEC 1910:00 amDEC 1910:45 am			
6 Years & Fall 1: Register Sep 7 Fall 2:	**TUESDAY & THURSDAY 9 ** NO CLASS Nov 26 – Thanl Up Learn-To-Swim So DAY SATURDAY SATURDAY SATURDAY TUESDAY & THURSDAY *SATURDAY *SATURDAY *SATURDAY *SATURDAY *SATURDAY	NOV 24	DEC 175:15 pm assesENDTIMEOCT 3110:00 amOCT 3111:30 amOCT 3112:15 pmOCT 225:15 pmDEC 1910:00 amDEC 1910:45 amDEC 1911:30 am			
6 Years & Fall 1: Register Sep 7 Fall 2: Register	**TUESDAY & THURSDAY 9 ** NO CLASS Nov 26 – Thanl Up Learn-To-Swim So DAY SATURDAY SATURDAY SATURDAY *SATURDAY	NOV 24	DEC 175:15 pm assesENDTIMEOCT 3110:00 amOCT 3111:30 amOCT 3112:15 pmOCT 225:15 pmDEC 1910:00 amDEC 1910:45 amDEC 1911:30 amDEC 1911:30 amDEC 1911:30 amDEC 1912:15 pm			
6 Years & Fall 1: Register Sep 7 Fall 2: Register	**TUESDAY & THURSDAY 9 ** NO CLASS Nov 26 – Thanl Up Learn-To-Swim So DAY SATURDAY SATURDAY SATURDAY TUESDAY & THURSDAY *SATURDAY	NOV 24	DEC 175:15 pm assesENDTIMEOCT 3110:00 amOCT 3111:30 amOCT 3112:15 pmOCT 225:15 pmDEC 1910:00 amDEC 1910:45 amDEC 1911:30 amDEC 1915:15 pmDEC 1915:15 pmDEC 1915:15 pmDEC 1915:15 pmDEC 1915:15 pmDEC 1912:15 pmDEC 1912:15 pmNOV 195:15 pm			
6 Years & Fall 1: Register Sep 7 Fall 2: Register	**TUESDAY & THURSDAY 9 ** NO CLASS Nov 26 – Thanl Up Learn-To-Swim So DAY SATURDAY SATURDAY SATURDAY *SATURDAY	NOV 24	DEC 175:15 pm assesENDTIMEOCT 3110:00 amOCT 3111:30 amOCT 3112:15 pmOCT 225:15 pmDEC 1910:00 amDEC 1910:45 amDEC 1911:30 amDEC 1915:15 pmDEC 1915:15 pmDEC 1915:15 pmDEC 1915:15 pmDEC 1915:15 pmDEC 1912:15 pmDEC 1912:15 pmNOV 195:15 pm			
6 Years & Fall 1: Register Sep 7 Fall 2: Register Oct 5	**TUESDAY & THURSDAY 9 ** NO CLASS Nov 26 – Thanl Up Learn-To-Swim So DAY SATURDAY SATURDAY SATURDAY *SATURDAY *NO CLASS Nov 28 – Thanks	NOV 24	DEC 175:15 pm assesENDTIMEOCT 3110:00 amOCT 3111:30 amOCT 3112:15 pmOCT 225:15 pmDEC 1910:00 amDEC 1910:45 amDEC 1911:30 amDEC 1915:15 pmDEC 1915:15 pmDEC 1915:15 pmDEC 1915:15 pmDEC 1912:15 pmDEC 1912:15 pmDEC 1912:15 pmDEC 1912:15 pmDEC 1912:15 pmNOV 195:15 pm			
6 Years & Fall 1: Register Sep 7 Fall 2: Register Oct 5	**TUESDAY & THURSDAY 9 ** NO CLASS Nov 26 – Thanl Up Learn-To-Swim So DAY SATURDAY SATURDAY SATURDAY *SATURDAY *SATURDAY & THURSDAY *SATURDAY *TUESDAY & THURSDAY	NOV 24	DEC 175:15 pm assesENDTIMEOCT 3110:00 amOCT 3111:30 amOCT 3112:15 pmOCT 225:15 pmDEC 1910:00 amDEC 1911:30 amDEC 1912:15 pmDEC 1915:15 pmDEC 1915:15 pmDEC 1915:15 pmDEC 1915:15 pm			
6 Years & Fall 1: Register Sep 7 Fall 2: Register Oct 5 Fall 3: Register Nov	**TUESDAY & THURSDAY 9 ** NO CLASS Nov 26 – Thanl Up Learn-To-Swim So DAY SATURDAY SATURDAY SATURDAY *SATURDAY & THURSDAY *SATURDAY *	NOV 24	DEC 175:15 pm assesENDTIMEOCT 3110:00 amOCT 3111:30 amOCT 3112:15 pmOCT 225:15 pmDEC 1910:00 amDEC 1911:30 amDEC 1912:15 pmDEC 1915:15 pmDEC 1915:15 pmDEC 1915:15 pmDEC 1915:15 pm			
6 Years & Fall 1: Register Sep 7 Fall 2: Register Oct 5 Fall 3: Register Nov	**TUESDAY & THURSDAY 9 ** NO CLASS Nov 26 – Thanl Up Learn-To-Swim So DAY SATURDAY SATURDAY SATURDAY *SATURDAY *SATURDAY & THURSDAY *SATURDAY *TUESDAY & THURSDAY	NOV 24	DEC 175:15 pm assesENDTIMEOCT 3110:00 amOCT 3111:30 amOCT 3112:15 pmOCT 225:15 pmDEC 1910:00 amDEC 1911:30 amDEC 1912:15 pmDEC 1915:15 pmDEC 1915:15 pmDEC 1915:15 pmDEC 1915:15 pm			
6 Years & Fall 1: Register Sep 7 Fall 2: Register Oct 5 Fall 3: Register Nov	**TUESDAY & THURSDAY 9 ** NO CLASS Nov 26 – Thanl Up Learn-To-Swim So DAY SATURDAY SATURDAY SATURDAY *SATURDAY *SATURDAY & THURSDAY *NO CLASS Nov 28 – Thanks **TUESDAY & THURSDAY 9 ** NO CLASS Nov 26 – Thanks arn-To-Swim Schedul DAY	NOV 24	DEC 175:15 pm assesENDTIMEOCT 3110:00 amOCT 3111:30 amOCT 3112:15 pmOCT 225:15 pmDEC 1910:45 amDEC 1910:45 amDEC 1911:30 amDEC 1915:15 pmDEC 1915:15 pmDEC 195:15 pmDEC 1915:15 pmDEC 195:15 pmDEC 195:15 pmDEC 175:15 pmDEC 175:15 pmDEC 175:15 pmDEC 17			
6 Years & Fall 1: Register Sep 7 Fall 2: Register Oct 5 Fall 3: Register Nov	**TUESDAY & THURSDAY 9 ** NO CLASS Nov 26 – Thanl Up Learn-To-Swim So DAY SATURDAY SATURDAY SATURDAY *SATURDAY *SATURDAY & THURSDAY *NO CLASS Nov 28 – Thanks **TUESDAY & THURSDAY 9 ** NO CLASS Nov 26 – Thanks arn-To-Swim Schedul DAY	NOV 24	DEC 175:15 pm assesENDTIMEOCT 3110:00 amOCT 3111:30 amOCT 3112:15 pmOCT 225:15 pmDEC 1910:45 amDEC 1910:45 amDEC 1911:30 amDEC 1915:15 pmDEC 1915:15 pmDEC 195:15 pmDEC 1915:15 pmDEC 195:15 pmDEC 195:15 pmDEC 175:15 pmDEC 175:15 pmDEC 175:15 pmDEC 17			
6 Years & Fall 1: Register Sep 7 Fall 2: Register Oct 5 Fall 3: Register Nov Adults Le Fall 1:	**TUESDAY & THURSDAY 9 ** NO CLASS Nov 26 – Thanl Up Learn-To-Swim So DAY SATURDAY SATURDAY SATURDAY *SATURDAY *SATURDAY & THURSDAY *NO CLASS Nov 28 – Thanks **TUESDAY & THURSDAY 9 ** NO CLASS Nov 26 – Thanks arn-To-Swim Schedul DAY SATURDAY	NOV 24	DEC 175:15 pm assesENDTIMEOCT 3110:00 amOCT 3111:30 amOCT 3112:15 pmOCT 225:15 pmDEC 1910:00 amDEC 1910:45 amDEC 1911:30 amDEC 1915:15 pmDEC 1915:15 pmDEC 1912:15 pmDEC 1912:15 pmDEC 1912:15 pmDEC 1912:15 pmDEC 1912:15 pmDEC 175:15 pmDEC 17			
6 Years & Fall 1: Register Sep 7 Fall 2: Register Oct 5 Fall 3: Register Nov Adults Le Fall 1:	**TUESDAY & THURSDAY 9 ** NO CLASS Nov 26 – Thanl Up Learn-To-Swim So DAY SATURDAY SATURDAY SATURDAY *SATURDAY *SATURDAY & THURSDAY *NO CLASS Nov 28 – Thanks **TUESDAY & THURSDAY 9 ** NO CLASS Nov 26 – Thanks arn-To-Swim Schedul DAY	NOV 24	DEC 175:15 pm assesENDTIMEOCT 3110:00 amOCT 3111:30 amOCT 3112:15 pmOCT 225:15 pmDEC 1910:00 amDEC 1910:45 amDEC 1911:30 amDEC 1915:15 pmDEC 1915:15 pmDEC 1912:15 pmDEC 1912:15 pmDEC 1912:15 pmDEC 1912:15 pmDEC 1912:15 pmDEC 175:15 pmDEC 17			
6 Years & Fall 1: Register Sep 7 Fall 2: Register Oct 5 Fall 3: Register Nov Adults Le Fall 1:	**TUESDAY & THURSDAY 9 ** NO CLASS Nov 26 – Thanl Up Learn-To-Swim So DAY SATURDAY SATURDAY SATURDAY *SATURDAY *SATURDAY & THURSDAY *NO CLASS Nov 28 – Thanks **TUESDAY & THURSDAY 9 ** NO CLASS Nov 26 – Thanks arn-To-Swim Schedul DAY SATURDAY	NOV 24	DEC 175:15 pm assesENDTIMEOCT 3110:00 amOCT 3111:30 amOCT 3112:15 pmOCT 225:15 pmDEC 1910:45 amDEC 1910:45 amDEC 1911:30 amDEC 1915:15 pmNOV 195:15 pm assesEND			

FITNESS PROGRAMS

ADULT WATER AEROBICS

Session dates: September 29 to December 17/18

MORNINGS \$15 Resident/\$17 Non-Resident

EVENINGS \$10 Resident/\$12 Non-Resident

No Registration Required. \$1 per visit WITH LEISURE CARD, or REGISTER AND SAVE! \$15 for morning class, \$10 for evenings. Adults perform shallow water exercise under the supervision and guidance of one of our instructors. This aerobics class is of medium intensity and works all areas of the body. Everyone over the age of 18 is welcome to participate.

TUESDAY THURSDAY FRIDAY 9:00 AM
TUESDAY THURSDAY 6:00 PM

SENIOR WATER AEROBICS

\$1.00 per class or \$12.00 for session

Session dates: Sept 14 to Oct 28 & Nov 2 to Dec 16

Adults perform shallow water exercises under the supervision and guidance of one of our instructors. This aerobics class is a low resistance, low impact program that stretches all areas of the body. **Registration required on the day of class.**

MONDAY WEDNESDAY 10:00 AM

DEEP WATER AEROBICS

\$20 for the session

MONDAYS - Sep 28 to Dec 7 Class #26358 -- No class Oct 12 - Columbus Day

WEDNESDAYS - Oct 2 to Dec 9 Class #26359 - No class Nov 30 - Thanksgiving Break

Adults perform deep water exercises under the supervision and guidance of one of our instructors. This aerobics class is a high resistance, high effort program that stretches and works all areas of the body.

MONDAYS 11:00 AM WEDNESDAYS 11:00 AM

THERAPEUTIC RECREATION WATER EXERCISE

Session dates: October 6 to May 24

This program is run by our Therapeutic Recreation division. It is for individuals looking for water time for aquatic rehabilitation activities with our certified aquatic therapy specialist, Rae Nutter. All activities need to be cleared and signed for by your physician. For more information, and to see if you qualify, call 645-5225.

TUESDAYS THURSDAYS 11:00 AM to Noon

ADULT LAP SWIMMING

MORNING MASTERS SWIM

\$25 Resident/ \$30 Non-Resident Fee

Session dates: September 29 to December 17

For those early risers who look to get their laps at the start of their day, this is just your opportunity. Follow one of the workouts provided, or make your own. This is geared for all levels of fitness lap swimmers.

TUESDAYS THURSDAYS 6:30 AM – 9:00 AM

EVENING MASTERS SWIM

STROKE CLINIC

\$30 Resident/ \$35 Non-Resident Fee

Session dates: October 4 to December 18

This is not just lap swimming, but a competitive workout for adults who want to stay in shape or improve their stroke technique. No previous competitive experience required

SUNDAYS WEDNESDAYS FRIDAYS 6:00 PM - 7:00 PM

MORNING & EVENING MASTERS SWIM

\$50 Resident / \$55 Non-Resident Fee

Session dates: September 29 to December 18

Enjoy the opportunity to adjust your swim to your weekly schedule, join us before work, after work or both at a reduced rate

 TUESDAYS
 6:30 AM - 9:00 AM

 WEDNESDAYS
 6:00 PM - 7:00 PM

YOUTH LAP SWIMMING

Session dates: October 4 to December 18

\$30 Resident / \$35 Non-Resident Fee

This class is for young competitive swimmers who want to keep in shape or improve their stroke technique. This class is for kids 6 to 18, all participants must be able to demonstrate skills equivalent to Level 4 of the Red Cross Learn-To-Swim program.

WEDNESDAYS FRIDAYS 5:00 PM – 6:00 PM